

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Emma WHEELER	FS	Ipswich Phoenix Running Club	498	498	499				1495	1495
Charlotte WICKENS	FS		497	497	498				1492	1492
Emma ATTWOOD	FS	Stowmarket Striders RC	496	496	497				1489	1489
Maria RIERA TURRO	FS	Felixstowe RRC	495	493	496				1484	1484
Holly TAYLOR	FS	Felixstowe RRC	493	492	494				1479	1479
Natasha SMITH	FS	Ipswich Jaffa RC	488	486	492				1466	1466
Olivia WILLIAMS	FS	Ipswich Jaffa RC	485	481	491				1457	1457
Claire FISHER	FS	Victoria Park Harriers and Tower Hamlets AC	491	468	493				1452	1452
Rosie OVEL	FS	Ipswich Phoenix Running Club	480	475	483				1438	1438
Rebecca COULSON-PARKER	FS	Kesgrave Cruisers	479	469	481				1429	1429
Katie KING	FS	Saint Edmund Pacers	500	500					1000	1000
Aiya HOWE	FS	Boxted Runners	499		500				999	999
Kate HEEKS	FS	Stowmarket Striders RC	490	491					981	981
Zara HANMAN	FS		489	490					979	979
Heather FISHER	FS	Saxmundham Sports Running & Fitness Club	486	488					974	974
Tabitha KNEE	FS	Saxmundham Sports Running & Fitness Club		479	490				969	969
Chloe HEEKS	FS	Stowmarket Striders RC	481		487				968	968
Sophie LEEDER	FS	Saint Edmund Pacers		480	488				968	968
Hannah LAST	FS		487		480				967	967
Steph WILDING	FS		484	482					966	966
Bethany JOHNSON	FS		482	484					966	966
Jodie SHARP	FS	Stowmarket Striders RC	478		484				962	962
Michelle HEWITT	FS	Framlingham Flyers		476	486				962	962
Sophie BELL	FS	Ipswich Phoenix Running Club		473	485				958	958
Imogen HONEY	FS	Stowmarket Striders RC	476		479				955	955
Holly WHITE	FS		474	470					944	944
Hannah PRIOR	FS	Capel Cheetahs		463	478				941	941
Florence RICHMOND	FS		469	458					927	927
Eleanor CHAMBERLAIN	FS		465	459					924	924
Kirsty LAMB	FS		464	460					924	924
Heather MILLS	FS	Rushmere Community Runners	457	454					911	911
Lara FRANKLIN	FS	Saint Edmund Pacers		499					499	499
Natasha MICHAEL	FS	Saint Edmund Pacers		495					495	495
Isabel HOLLANDS	FS	Saint Edmund Pacers			495				495	495
Anna KEEBLE	FS	Ipswich Jaffa RC	494						494	494
Cassandra BADGER	FS	Ipswich Harriers		494					494	494
Isobel VICKERY	FS	Royal Navy Athletics Club	492						492	492
Kitty MITHEN	FS	Woodbridge Shufflers RC		489					489	489
Lisa CLARKE	FS	Ipswich Jaffa RC			489				489	489
Megan SMITH	FS	Framlingham Flyers		487					487	487
Emma KEEN	FS	Trail Running Association		485					485	485
Alice MEADOWS	FS	Felixstowe RRC	483						483	483
Gemma THURSTON-WRIGHT	FS	Framlingham Flyers		483					483	483
Chloe ADAMSON	FS				482				482	482
Lexi SCALA	FS	Woodbridge Shufflers RC		478					478	478
Ashleigh MILLS	FS	Ipswich Jaffa RC	477						477	477
Michelle HUMPHREY	FS			477					477	477
Cydney NUNN	FS				477				477	477
Lara ROBINSON	FS				476				476	476
Rachel ANDVIG	FS	Kesgrave Cruisers	475						475	475
Rebecca GUY	FS				475				475	475
Kelsey BORRER	FS	Saxmundham Sports Running & Fitness Club		474					474	474
Vicky FREEMAN	FS				474				474	474
Kate MELLOR HINE	FS		473						473	473
Molly LEWIS	FS				473				473	473
Katie MEADOWS	FS	Felixstowe RRC	472						472	472

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### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Mae WASHINGTON	FS	Stowmarket Striders RC		472					472	472
Daisy REED	FS				472				472	472
Charlotte SALTER	FS		471						471	471
Olivia HART	FS			471					471	471
Pia CARSON-MOORE	FS				471				471	471
Olivia BEER	FS	Stowmarket Striders RC	470						470	470
Faye METCALFE	FS		468						468	468
Amelia BONES	FS		467						467	467
Emma LEDGERWOOD	FS			467					467	467
Danielle D'ARCY	FS		466						466	466
Lacey KING	FS			466					466	466
Holly GOODING	FS	Harwich Runners		465					465	465
Christina JENNINGS	FS			464					464	464
Klaudia KOWALSKA	FS		463						463	463
Adriana HOUCHELL	FS	Ipswich Jaffa RC	462						462	462
Gus YOUNG	FS	Saxmundham Sports Running & Fitness Club		462					462	462
Stacey ROWE	FS		461						461	461
Manon KINCHIN	FS	Saxmundham Sports Running & Fitness Club		461					461	461
Emily MAGUIRE	FS		460						460	460
Abby FLEMING	FS	Felixstowe RRC	459						459	459
Melody HOWARD	FS		458						458	458
Lyssa JENKINS	FS	Stowmarket Striders RC		457					457	457
Maricris GUERRERO	FS		456						456	456
Catriona PEARSON	FS	Woodbridge Shufflers RC		456					456	456
Rhiannon WARD	FS	Felixstowe RRC	455						455	455
Sophie RYMILL	FS			455					455	455
Emma LEANING	FS		454						454	454
Lauren BACON	FS			453					453	453
Stacie LONG	FS	Vegan Runners UK		452					452	452

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### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Evie ROPER	FU20		497	498	499				1494	1494
Jessica READ	FU20		500	500					1000	1000
Darcy BOWEN	FU20	Ipswich Jaffa RC			500				500	500
Evie GOWERS	FU20	Colchester Harriers AC	499						499	499
Milly ENGLISH	FU20	Framlingham Flyers		499					499	499
Amelia BANFIELD	FU20	Kesgrave Cruisers	498						498	498
Caroline COX-HARTIGAN	FU20	Bungay Black Dog RC		497					497	497
Lottie ELLIS	FU20		496						496	496
Sophie KIRK	FU20		495						495	495

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stacey MOCKFORD	FV40	Saint Edmund Pacers	500	500	499				1499	1499
Lydia KINDRED	FV40	Framlingham Flyers	498	498	498				1494	1494
Lara CHILDS	FV40		497	497	497				1491	1491
Katarzyna DABROWSKA	FV40	Capel Cheetahs	495	494	495				1484	1484
Lydia SIMMONS	FV40	Saint Edmund Pacers	484	488	492				1464	1464
Amy KADING	FV40	Stowmarket Striders RC	483	486	491				1460	1460
Lynsey WARREN	FV40		492	495					987	987
Sophie DOE	FV40	Kesgrave Cruisers	493	492					985	985
Keeley SWORDS	FV40	Colchester & Tendring AC	491		494				985	985
Louise CRACKNELL	FV40	Felixstowe RRC	490	491					981	981
Jenny HURLEY	FV40	Felixstowe RRC	487		493				980	980
Laura BROWN	FV40	Stowmarket Striders RC	485	487					972	972
Jenni ASKEW-MARTIN	FV40	Kesgrave Cruisers			500				500	500
Jenny STEEDMAN	FV40	Saint Edmund Pacers	499						499	499
Kirstie GLADWELL	FV40	Framlingham Flyers		499					499	499
Misty SMITH	FV40	Ipswich Jaffa RC	496						496	496
Donna TAYLOR	FV40			496					496	496
Hien HOANG	FV40	Great Bentley Running Club			496				496	496
Kyra WILSON	FV40	Framlingham Flyers	494						494	494
K WILSON	FV40	Framlingham Flyers		493					493	493
Pippa SARGENT	FV40	Stowmarket Striders RC			490				490	490
Lucy ENGLISH	FV40	Framlingham Flyers		490					490	490
Kayleigh TURPIN	FV40	Felixstowe RRC	489						489	489
Joanne HARPER	FV40	Felixstowe RRC		489					489	489
Julie FAIRWEATHER	FV40	Girls That Jeff			489				489	489
Rosanna HOLDEN	FV40	Colchester & Tendring AC	488						488	488
Anneli OSTLER	FV40	Felixstowe RRC			488				488	488
Kirsty MARSH	FV40	Felixstowe RRC	486						486	486
Joanna BREAKELL	FV40			485					485	485
Lyndsey FARMAN	FV40			484					484	484
Hollie SUTHERLAND	FV40	Felixstowe RRC		483					483	483
Melanie GAVIN	FV40		482						482	482
Lucy ALEXANDER	FV40	Saxmundham Sports Running & Fitness Club		482					482	482
Alice METZLER	FV40		481						481	481
Lindsay CHURCHMAN	FV40	Diss and District AC		481					481	481
Laura LAWRENCE	FV40	Felixstowe RRC	480						480	480
Terri GIRLING	FV40			480					480	480
Becky ELLUL	FV40	Felixstowe RRC	479						479	479
Karen SHARKEY	FV40		478						478	478

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Amanda MORTIMER	FV45	Ipswich Jaffa RC	500	500	500				1500	1500
Karen FARTHING	FV45	Haverhill Running Club	497	498	497				1492	1492
Kate HUTSON	FV45	Ipswich Jaffa RC	490	489	488				1467	1467
Kaye STONE	FV45	Felixstowe RRC	487	490	489				1466	1466
Louise RIDDLESTON	FV45		486	488	487				1461	1461
Ellie CUMNER	FV45	Colchester Harriers AC	498	499					997	997
Helen ARIYO	FV45	Kesgrave Cruisers	496		494				990	990
Anna SLATER	FV45	Saint Edmund Pacers		494	495				989	989
Donna HOWARD	FV45	Colchester & Tendring AC	495		493				988	988
Terri GREEN	FV45	Ipswich Jaffa RC		495	492				987	987
Agnieszka ANDRZEJAK	FV45	Stowmarket Striders RC	480	487					967	967
Vicky SHELDON	FV45	Tiptree Road Runners	499						499	499
Vashti MACDONALD-CLINK	FV45	Cambridge & Coleridge AC			499				499	499
Holly WEIR	FV45	Colchester Harriers AC			498				498	498
Sophia LE SAUVAGE	FV45			497					497	497
Nicola ROBINSON	FV45	Framlingham Flyers		496					496	496
Vicky DE SOUZA	FV45	Kesgrave Cruisers			496				496	496
Catherine HUGHES	FV45		494						494	494
Gemma SMY	FV45	Trail Running Association	493						493	493
Amanda JANES	FV45			493					493	493
Carrie KEMP	FV45	Felixstowe RRC	492						492	492
Donna HARRIS	FV45	Great Bentley Running Club		492					492	492
Amy DINES	FV45		491						491	491
Carla EWEN	FV45	Colchester & Tendring AC		491					491	491
Anna SMITH	FV45				491				491	491
Carly THORNTON	FV45				490				490	490
Haley DUFFY	FV45	Ipswich Jaffa RC	489						489	489
Jennifer EVANS	FV45	Woodbridge Shufflers RC	488						488	488
Amy RABAIOTTI	FV45				486				486	486
Lucy JONES	FV45	Felixstowe RRC	485						485	485
Michelle RANSON	FV45	Vegan Runners UK			485				485	485
Claire ROWBOTHAM	FV45	Felixstowe RRC	484						484	484
Cara BARKER	FV45		483						483	483
Natalie GOWERS	FV45	Running Colchester	482						482	482
Sue RUSSELL	FV45	Capel Cheetahs	481						481	481
Sandy PAGE	FV45	Kesgrave Cruisers	479						479	479
Helen FINDLEY	FV45	Kesgrave Cruisers	478						478	478

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Karen OFFORD	FV50	Stowmarket Striders RC	497	498	499				1494	1494
Juliet GARNHAM	FV50	Stowmarket Striders RC	500	500					1000	1000
Alex SMITH	FV50	Stowmarket Striders RC		494	497				991	991
Anna SMITH	FV50		493		493				986	986
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness Club	487	488					975	975
Deb CHING	FV50	Capel Cheetahs			500				500	500
Samantha LINASSI	FV50	Felixstowe RRC	499						499	499
Joanne COX	FV50	Bungay Black Dog RC		499					499	499
Sharon BARNETT	FV50	Maidstone Harriers	498						498	498
Helen EVANS	FV50	Ipswich Jaffa RC			498				498	498
Gemma MOSS	FV50	Ipswich Jaffa RC		497					497	497
Victoria ORFORD	FV50	Framlingham Flyers	496						496	496
Amanda SMITH	FV50	Woodbridge Shufflers RC		496					496	496
Claire WELLS	FV50	Braintree & District AC			496				496	496
Nikki VINCE	FV50	Hadleigh Hares AC	495						495	495
Sally BRYSON	FV50			495					495	495
Claire STEELE	FV50	Lonely Goat RC			495				495	495
Kirsty ABERDEIN	FV50		494						494	494
Cherilyn LANE	FV50				494				494	494
Clare MOODIE	FV50	Framlingham Flyers		493					493	493
Julia ASHLEY	FV50	Kesgrave Cruisers	492						492	492
Natalie BROWN	FV50	Waveney Valley AC		492					492	492
Rachael WILLIAMS	FV50	Felixstowe RRC	491						491	491
Fiona GOLDSMITH	FV50			491					491	491
Sharon HAYFIELD	FV50	Rushmere Community Runners	490						490	490
Hannah DORAN	FV50			490					490	490
Teresa BARNETT	FV50	Capel Cheetahs	489						489	489
Angela SELFE	FV50	Stowmarket Striders RC		489					489	489
Sarah HARMON	FV50	Felixstowe RRC	488						488	488
Jo BIRCH	FV50	Lonely Goat RC		487					487	487
Joanne SARGENT	FV50	Hadleigh Hares AC	486						486	486
Anna TOMASZCZUK	FV50		485						485	485

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Anita WARD	FV55	Saint Edmund Pacers	500	500	498				1498	1498
Rachel TERRY	FV55	Stowmarket Striders RC	499	499	499				1497	1497
Mary NAREY	FV55	Stowmarket Striders RC	498	497	496				1491	1491
Nathalie HOOPER	FV55	Hadleigh Hares AC	497	495	495				1487	1487
Jo GARRARD	FV55	Woodbridge Shufflers RC	494	494	491				1479	1479
Janice MITCHELL	FV55	Haverhill Running Club	492	492	490				1474	1474
Amanda PRIOR	FV55	Capel Cheetahs	489	491	487				1467	1467
Rachel MORLEY	FV55	Colchester & Tendring AC	480	485	485				1450	1450
Debbie CATLING	FV55	Felixstowe RRC		498	497				995	995
Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	496	496					992	992
Wendy KELLETT	FV55	Ipswich Jaffa RC	495		494				989	989
Caroline SPENDLOVE	FV55	Saxmundham Sports Running & Fitness Club	493	493					986	986
Karen FLOWER	FV55	Saxmundham Sports Running & Fitness Club	488	490					978	978
Lisa BOND	FV55	Ipswich Phoenix Running Club	487	489					976	976
Helen DAVIES	FV55	Framlingham Flyers	486	487					973	973
Heather SMITH	FV55	Rushmere Community Runners	482	488					970	970
Carol CARTER	FV55	Newmarket Joggers			500				500	500
Mary-Ann TULI	FV55	Haverhill Running Club			493				493	493
Helen YELLOP	FV55	Capel Cheetahs			492				492	492
Samantha CLOUD	FV55		491						491	491
Gill MELLOR	FV55	Felixstowe RRC	490						490	490
Karen LINE	FV55				489				489	489
Deborah HART	FV55				488				488	488
Eloise BIRD	FV55	Saint Edmund Pacers			486				486	486
Dawn CHAMNESS	FV55			486					486	486
Jacqueline ALLPORT	FV55	Felixstowe RRC	485						485	485
Debbie HART	FV55		484						484	484
Amanda CHILDS	FV55			484					484	484
Dawn BINGE	FV55	Felixstowe RRC	483						483	483
Ann KIRTON	FV55	Thetford AC	481						481	481
Sharon TAYLOR	FV55		479						479	479
Debbie SMITH	FV55	Thetford AC	478						478	478

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sandra MAYHEW	FV60	Stowmarket Striders RC	496	496	497				1489	1489
Ruth COWLIN	FV60	Sudbury Joggers	495	494	496				1485	1485
Sarah GOLDING	FV60	Saint Edmund Pacers	494	492	493				1479	1479
Jan HOLMES	FV60	Newmarket Joggers	490	489	492				1471	1471
Joanne BOUTTELL	FV60	Newmarket Joggers	487	488	491				1466	1466
Sonia DUNNETT	FV60	Capel Cheetahs	484	485	490				1459	1459
Val JENNINGS	FV60	Ipswich Jaffa RC	500	500					1000	1000
Haley PRITCHARD-SUTTLE	FV60	Saint Edmund Pacers	499		500				999	999
Claire BROWN	FV60	Saint Edmund Pacers	498	499					997	997
Jenny SHEAHAN	FV60	Eastern Masters AC	497	498					995	995
Helen WASS	FV60	Newmarket Joggers	493		494				987	987
Sarah DAVIES	FV60	Framlingham Flyers	491	491					982	982
Jackie COLLINS	FV60	Felixstowe RRC	486	486					972	972
Anna Migliorini LYON	FV60	Great Bentley Running Club			499				499	499
Mary ASHCROFT	FV60	Stowmarket Striders RC			498				498	498
Gaye ROBERTS	FV60			497					497	497
Kathryn GALBRAITH	FV60			495					495	495
Josephine SHEFFIELD	FV60	Braintree & District AC			495				495	495
Sue CROSS	FV60	Bedford Harriers AC		493					493	493
Adele FIELD	FV60	Felixstowe RRC	492						492	492
Fran ABRAMS	FV60	Saxmundham Sports Running & Fitness Club		490					490	490
Heather RUFF	FV60		489						489	489
Michelle WALNE	FV60	Felixstowe RRC	488						488	488
Susan TAYLOR	FV60			487					487	487
Sharon HALPIN	FV60		485						485	485
Claire JAY	FV60		483						483	483

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### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	496	499	498				1493	1493
Belinda GODBOLD	FV65	Hadleigh Hares AC	499		499				998	998
Sandra ROBERTS	FV65	Ipswich Jaffa RC	500						500	500
Alison COOPER	FV65	Waveney Valley AC		500					500	500
Fiona CUNNINGTON	FV65	Saint Edmund Pacers			500				500	500
Helen ANDVIG	FV65	Kesgrave Cruisers	498						498	498
Trina BICKERS	FV65	Saxmundham Sports Running & Fitness Club		498					498	498
Rebecca HEWSON	FV65	Felixstowe RRC	497						497	497
Sheree HAVERON	FV65			497					497	497
Jane MOON	FV65	Felixstowe RRC			497				497	497
Janet ASKEW	FV65	Kesgrave Cruisers			496				496	496
Sally GARNHAM	FV65	Felixstowe RRC	495						495	495
Julia BILOTTA	FV65	Hadleigh Hares AC			495				495	495
Hilary COOK	FV65	Felixstowe RRC	494						494	494
Sue PEARSON	FV65	Saxmundham Sports Running & Fitness Club	493						493	493

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### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Jenny MORGAN	FV70+	Saint Edmund Pacers	500	500	500				1500	1500
Elspeth KNOTT	FV70+	Harwich Runners	499	499	499				1497	1497
Vivienne TAYLOR	FV70+	Framlingham Flyers	498	498					996	996
Liz PAXTON	FV70+	Haverhill Running Club			498				498	498
Sue HARGADON	FV70+	Woodbridge Shufflers RC	497						497	497
Avril COURT	FV70+			497					497	497

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Owen REES	MS	Ipswich Phoenix Running Club	500	500	500				1500	1500
James WILSON	MS	Saxmundham Sports Running & Fitness Club	499	498	499				1496	1496
Ed SEELEY	MS	Ipswich Harriers	497	497	495				1489	1489
Aidan ELMORE	MS	Saint Edmund Pacers	495	496	490				1481	1481
John JOUSIFFE	MS		489	490	487				1466	1466
Tom COWLEY	MS	Hadleigh Hares AC	482	486	485				1453	1453
Joshua MILLS	MS		483	485	484				1452	1452
Oliver WATSON	MS		481	483	483				1447	1447
Oliver SCHOFIELD	MS	Saint Edmund Pacers	479	484	481				1444	1444
Duncan NG	MS	Stowmarket Striders RC	477	480	479				1436	1436
Jonathon HOLYHEAD	MS		478	476	478				1432	1432
Thomas BEECROFT	MS	Framlingham Flyers	473	468	477				1418	1418
Paul WAIN	MS	Ipswich Jaffa RC	486	446	480				1412	1412
George ALLEN	MS	Saint Edmund Pacers	457	469	471				1397	1397
Paul CONNICK	MS	Framlingham Flyers	460	462	468				1390	1390
Owen WOOLLARD	MS		465	438	472				1375	1375
Bradley WHEELER	MS	Ipswich Phoenix Running Club	448	447	460				1355	1355
Stuart MATHIESON	MS	Sudbury Joggers	440	437	459				1336	1336
Sam HARDWICK	MS	Stowmarket Striders RC	436	435	456				1327	1327
Ryan DAVIDSON	MS	Felixstowe RRC	496		494				990	990
Thomas SMITH	MS	Saint Edmund Pacers	493	492					985	985
Louis CHANCELLOR	MS		494		491				985	985
Chris GREEN	MS	Felixstowe RRC		491	493				984	984
Freddie EVANS	MS	Saxmundham Sports Running & Fitness Club		493	489				982	982
Tobie STOLLERY	MS		492		488				980	980
Stuart WARD	MS	Felixstowe RRC	488	488					976	976
Alex ARCHER	MS	Ipswich Jaffa RC		487	486				973	973
Joe WHITLEY	MS	Ipswich Jaffa RC	484	477					961	961
Christopher FULLER	MS	Saxmundham Sports Running & Fitness Club	475	475					950	950
Wayne MANN	MS	Ipswich Jaffa RC	470		475				945	945
Kieren HART	MS		472	472					944	944
George WRIGHT	MS	Stowmarket Striders RC	474	470					944	944
Oliver QUINTON	MS		467	474					941	941
Charles OHSTEN	MS	Stowmarket Striders RC	476	464					940	940
Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness Club	462		467				929	929
Jack NOON	MS			457	465				922	922
Peter CLEAVES	MS	Stowmarket Striders RC	455		462				917	917
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness Club	480	434					914	914
Craig STARLING	MS		458	455					913	913
Adam PLUMMER	MS	Rushmere Community Runners		448	461				909	909
Ryan WATERS	MS		452		455				907	907
Michael HAMMOND	MS		450	450					900	900
Scott SHERMAN	MS		439		458				897	897
Craig SMITH	MS			433	453				886	886
Regan PEACOCK	MS		438	439					877	877
James GIRLING	MS		441	436					877	877
Ross MCGILL	MS	Woodbridge Shufflers RC		499					499	499
Sultan TUSA	MS	Ipswich Jaffa RC	498						498	498
James WOODLEY	MS	Hadleigh Hares AC			498				498	498
Chris RYAN	MS	Colchester Harriers AC			497				497	497
Max HEMSON	MS	Colchester Harriers AC			496				496	496
James PARR	MS	Ipswich Jaffa RC		495					495	495
Josh HARVEY	MS	Framlingham Flyers		494					494	494
Dominic HAZELL-EVANS	MS				492				492	492
Michael JENNINGS	MS		491						491	491
Owen BROOM	MS	Ipswich Jaffa RC	490						490	490

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sam BORRER	MS	Saxmundham Sports Running & Fitness Club		489					489	489
Francis FOX	MS		487						487	487
William DUNN	MS		485						485	485
Geraint WHITE	MS	Saint Edmund Pacers		482					482	482
Steve BEASLEY	MS	March AC			482				482	482
Jake LANE	MS			481					481	481
Andrew REYNOLDS	MS			479					479	479
Peter FISK	MS			478					478	478
Chris GWATKIN	MS	Stowmarket Striders RC			476				476	476
Kester WEBB	MS				474				474	474
Alfie SEAMONS	MS	Saxmundham Sports Running & Fitness Club		473					473	473
Josh CARR	MS	Saint Edmund Pacers			473				473	473
Martin FOX	MS		471						471	471
John VINECOMBE	MS			471					471	471
Jordan BEAUMONT	MS				470				470	470
Euan CHILDS	MS		469						469	469
Matthew BISHOP	MS	Saint Edmund Pacers			469				469	469
Finn CHILDS	MS		468						468	468
Robert TREBILCOCK	MS	Woodbridge Shufflers RC		467					467	467
Josh WARRINGTON	MS		466						466	466
Peter HILL	MS			466					466	466
Jeanpierre AKAKPO	MS				466				466	466
William RIDGARD	MS	Saxmundham Sports Running & Fitness Club		465					465	465
Ryan CHAPMAN	MS	Saxmundham Sports Running & Fitness Club	464						464	464
Christopher THOMSON	MS	Framlingham Flyers			464				464	464
Ben JACKSON	MS	Felixstowe RRC	463						463	463
Gareth LANE	MS			463					463	463
James MORRELL	MS	Haverhill Running Club			463				463	463
Samuel ADAMS	MS		461						461	461
Matthew LAST	MS	Framlingham Flyers		461					461	461
Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness Club		460					460	460
Christian HANMAN	MS		459						459	459
Tom DARLING	MS			459					459	459
Gavin HORREX	MS	Ipswich Phoenix Running Club		458					458	458
Tom NAUGHTON	MS				457				457	457
Alex SMITH	MS	Felixstowe RRC	456						456	456
Daniel STOCKS	MS	Saint Edmund Pacers		456					456	456
Max HARROLD	MS		454						454	454
Luke CATCHPOLE	MS			454					454	454
Tom KEMP	MS				454				454	454
Jacob WRIGHT	MS		453						453	453
Reece GOODERHAM	MS	Saint Edmund Pacers		453					453	453
Thomas HUNNISETT	MS	Saxmundham Sports Running & Fitness Club		452					452	452
Richard EVERETT	MS				452				452	452
Daniel RIVERA	MS		451						451	451
Alex WILSON	MS			451					451	451
Danny RANSON	MS	Boxted Runners			451				451	451
Taylor EDWARDS	MS				450				450	450
Edward ELLIS	MS		449						449	449
Daniel SPALL	MS			449					449	449
Stuart HUNT	MS	Colchester Harriers AC	447						447	447
Gary INGRAM	MS	Ipswich Jaffa RC	446						446	446
Alex KNIGHT	MS	Kesgrave Cruisers	445						445	445
Toby QUILTER	MS			445					445	445
James CALVER	MS		444						444	444
Jake HAMMOND	MS			444					444	444

## Friday 5 Championship File 2026

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jamie SLEET	MS		443						443	443
Jamie PAYNE	MS			443					443	443
Lee CALVER	MS	Felixstowe RRC	442						442	442
Charles LAYZELL	MS	Ipswich Phoenix Running Club		442					442	442
Oliver LAMBRECHS	MS	Trail Running Association		441					441	441
George LANKESTER	MS			440					440	440
Will DURRANCE	MS		437						437	437
Alex WALNE	MS		435						435	435
Lewis DIVINCENZO	MS		434						434	434
Thomas RUSSELL	MS	Felixstowe RRC	433						433	433
Skye MILLER	MS			432					432	432

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Hayden PHILLIPS	MU20	Kesgrave Cruisers	499	498	498				1495	1495
Luca KADING	MU20	Stowmarket Striders RC	497	493	495				1485	1485
Tom ATTWELL	MU20	Stowmarket Striders RC	496	491	491				1478	1478
Logan MACLEAN	MU20		494	488	490				1472	1472
Ben PLEASANCE	MU20		490	485	485				1460	1460
Archie BULLINGHAM	MU20	Framlingham Flyers		500	500				1000	1000
Jed LAWRENCE	MU20	Ipswich Jaffa RC	495		493				988	988
Freddy NICHOLLS	MU20	Framlingham Flyers		489	494				983	983
Ethan WADE	MU20	Ipswich Jaffa RC	500						500	500
Stanley PEACHER	MU20	Framlingham Flyers		499					499	499
William HOLLANDS	MU20	Saint Edmund Pacers			499				499	499
Luke GAVIN	MU20	Ipswich Harriers	498						498	498
Isaac FROST	MU20			497					497	497
Samuel WEEKS	MU20				497				497	497
Barney WILKINS	MU20	Ipswich Harriers		496					496	496
Zachary GODFREY	MU20				496				496	496
Edward BORRETT	MU20			495					495	495
George SMITH	MU20	Framlingham Flyers		494					494	494
Luke STAFFORD	MU20	Kesgrave Cruisers	493						493	493
Codie CALVER	MU20		492						492	492
Max SHELDRAKE	MU20	Framlingham Flyers		492					492	492
Sam CLEMENTS	MU20	Shaftesbury Barnet Harriers			492				492	492
Reece CREASEY	MU20		491						491	491
Elliot HOBSON	MU20	Ipswich Jaffa RC		490					490	490
Joseph MARTIN	MU20	Kesgrave Cruisers	489						489	489
Charlie UPTON	MU20				489				489	489
Thomas RICHARDSON	MU20	Harwich Runners			488				488	488
Joshua ALLUM	MU20	Framlingham Flyers		487					487	487
Connor MARTIN	MU20	Kesgrave Cruisers			487				487	487
Drew HUNTING	MU20			486					486	486
Samuel PIPER	MU20				486				486	486

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kevin LONG	MV40	Hadleigh Hares AC	499	498	494				1491	1491
Gary TAYLOR	MV40	Felixstowe RRC	497	497	495				1489	1489
Ashley SMY	MV40	Felixstowe RRC	493	494	491				1478	1478
Alli MACLEAN	MV40	Hadleigh Hares AC	484	490	492				1466	1466
Rob ARMSTRONG	MV40	Lonely Goat RC	488	487	488				1463	1463
Mark ASHWOOD	MV40	Haverhill Running Club	482	476	483				1441	1441
James WATSON	MV40	Hadleigh Hares AC	477	470	481				1428	1428
Sam DINES	MV40		473	465	478				1416	1416
Paul SMITH	MV40	Great Bentley Running Club	469	463	477				1409	1409
Stuart PRICE	MV40	Hadleigh Hares AC		499	497				996	996
Alex MCCARTHY	MV40		498		496				994	994
Neil SMITH	MV40	Framlingham Flyers	494	491					985	985
Alex DE-MOORE	MV40	Saint Edmund Pacers		492	490				982	982
Tom PENROSE	MV40	Saint Edmund Pacers	489		489				978	978
Dale FOWLER	MV40		487	486					973	973
David DINNAGE	MV40	Framlingham Flyers	486	484					970	970
Darren WALKER	MV40	Colchester Harriers AC	485	483					968	968
Paul ASTLE	MV40	Saint Edmund Pacers		477	485				962	962
Matt MAKIN	MV40	Felixstowe RRC	474		479				953	953
Colin EVERITT-BARDEN	MV40	Stowmarket Striders RC	480	471					951	951
Peter WOODS	MV40	Felixstowe RRC		466	480				946	946
Helder CAMPOS	MV40		475	467					942	942
Keelan SMITH	MV40	Saxmundham Sports Running & Fitness Club	470	462					932	932
Jp BROUGHTON	MV40	Sudbury Joggers	471	461					932	932
Robert KEMP	MV40	Felixstowe RRC	467	460					927	927
Jack WILKINSON	MV40	Ipswich Jaffa RC	500						500	500
Daniel BORRETT	MV40			500					500	500
Chris KELLY	MV40	Vegan Runners UK			500				500	500
Paul FENN	MV40	Kesgrave Cruisers			499				499	499
Matthew SLATER	MV40	Cambridge & Coleridge AC			498				498	498
Ricky O'NEILL	MV40	Ipswich Jaffa RC	496						496	496
Ben CHURCHMAN	MV40	Diss and District AC		496					496	496
Ross CHINERY	MV40		495						495	495
Ben CORDEN	MV40			495					495	495
Paul DOCKERILL	MV40	Saint Edmund Pacers		493					493	493
Ian OLD	MV40	Ipswich Jaffa RC			493				493	493
James HORNE	MV40		492						492	492
Peter SQUIRRELL	MV40	Ipswich Jaffa RC	491						491	491
Chris SMITH	MV40		490						490	490
Aaron BEAL	MV40			489					489	489
Daniel SCOTT	MV40			488					488	488
Ian BLUETT	MV40				487				487	487
Neil GILLINGHAM	MV40	Ipswich Harriers			486				486	486
Connal GRIFFITHS	MV40	Ipswich Jaffa RC		485					485	485
Ross ARNOLD	MV40	Haverhill Running Club			484				484	484
Mike GREEN	MV40	Felixstowe RRC	483						483	483
Duncan SCOTT	MV40	Colchester Harriers AC		482					482	482
Adam ROBERTSON	MV40				482				482	482
Richard NEAL	MV40		481						481	481
Matt YEATTS	MV40	Framlingham Flyers		481					481	481
Danny JILLIONS	MV40			480					480	480
Shane BROWNLEE	MV40		479						479	479
Robert WARNE	MV40			479					479	479
David YOUNG	MV40		478						478	478
Chris BELL	MV40			478					478	478
Andy BARTLETT	MV40	Kesgrave Cruisers	476						476	476

## Friday 5 Championship File 2026

### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Matthew LOCKYER	MV40				476				476	476
Neil DENNIS	MV40	Stowmarket Striders RC		475					475	475
James BELL	MV40			474					474	474
Johan BLACK	MV40			473					473	473
David VINCE	MV40		472						472	472
Nick FALIVENO	MV40			472					472	472
Olly CURTIS	MV40	Saxmundham Sports Running & Fitness Club		469					469	469
George HINDS	MV40		468						468	468
Michael SHELDRAKE	MV40			468					468	468
Mark ANDERSON	MV40	Helpston Harriers AC	466						466	466
Mark SADLER	MV40	Felixstowe RRC	465						465	465
David ALDERTON	MV40			464					464	464

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	500	500	500				1500	1500
Alastair READ	MV45	Felixstowe RRC	497	497	496				1490	1490
Westley WALKER	MV45		496	496	495				1487	1487
Anthony WHITESIDE	MV45		495	493	492				1480	1480
Jason KING	MV45	Felixstowe RRC	491	494	494				1479	1479
Rob KINGSTON	MV45	Framlingham Flyers	486	489	488				1463	1463
Dominic BAREHAM	MV45	Felixstowe RRC	481	486	485				1452	1452
Craig WRIGHT	MV45	Ipswich Phoenix Running Club	479	485	481				1445	1445
Keith ANDREWS	MV45	Kesgrave Cruisers	478	481	480				1439	1439
Ross OVEL	MV45		472	478	475				1425	1425
Allen COPEMAN	MV45		471	477	476				1424	1424
Martin MURRAY	MV45		470	474	473				1417	1417
Nathaniel BROUGHTON	MV45		468	473	472				1413	1413
Matthew HUNT	MV45		499	499					998	998
Jim LAST	MV45	Framlingham Flyers		498	498				996	996
Paul DOCKERILL	MV45	Saint Edmund Pacers	492		493				985	985
Simon WILLIAMS	MV45	Framlingham Flyers	488	492					980	980
Andrew CHATFIELD	MV45	Capel Cheetahs	490		489				979	979
Roger KERR	MV45	Stowmarket Striders RC		487	486				973	973
Stephen NEUMANN	MV45		484		484				968	968
Neil HUNTING	MV45		483	483					966	966
Darren GREEN	MV45	Colchester & Tendring AC	482		482				964	964
Joseph DUNNING	MV45	Ipswich Jaffa RC		482	479				961	961
Kevin PYLE	MV45	Rushmere Community Runners	475	480					955	955
Matthew BULLOCK	MV45		474	479					953	953
Wesley BENTON	MV45				499				499	499
Jonathan MANN	MV45	Great Bentley Running Club	498						498	498
James WRIGHT	MV45	TRISudbury			497				497	497
Gavin DAVIES	MV45	Ipswich Jaffa RC		495					495	495
Tom ALEXANDER	MV45	Woodbridge Shufflers RC	494						494	494
Ben JEFFERY	MV45	Saint Edmund Pacers	493						493	493
Michael BALLS	MV45	Bungay Black Dog RC		491					491	491
Dan UPTON	MV45	Trail Running Association			491				491	491
Adrian SLATTERY	MV45	Great Yarmouth Road Runners		490					490	490
Ian WEIR	MV45	Colchester Harriers AC			490				490	490
Carl CREASEY	MV45		489						489	489
Peter ROBINSON	MV45			488					488	488
Charlie KEITCH	MV45	Great Bentley Running Club	487						487	487
David READ	MV45				487				487	487
Robert WALLACE	MV45	Saint Edmund Pacers	485						485	485
Gavin KING	MV45			484					484	484
James CLEMENTS	MV45				483				483	483
Ash SADLER	MV45	Kesgrave Cruisers	480						480	480
Jason SMITH	MV45				478				478	478
Ashley EVANS	MV45		477						477	477
John ADAMS	MV45	Ipswich Jaffa RC			477				477	477
Brett DEAKIN	MV45	Felixstowe RRC	476						476	476
Matthew EVELEIGH	MV45	Woodstock Harriers AC		476					476	476
Rick PHILLIPS	MV45	Kesgrave Cruisers		475					475	475
Steve KIRK	MV45				474				474	474
Daniel UPTON	MV45		473						473	473
Simon HAMILTON	MV45	Kesgrave Cruisers		472					472	472
Nicholas PINDER	MV45			471					471	471
Neil HOSKING	MV45				471				471	471
Dominic MIAOULIS	MV45	Felixstowe RRC	469						469	469
Mark SMITH	MV45		467						467	467

## Friday 5 Championship File 2026

### **Cumulative Points by Age Group**

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<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
James ELLUL	MV45	Felixstowe RRC	466						466	466

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# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Simon STAFFORD	MV50	Kesgrave Cruisers	496	497	498				1491	1491
Mark STRATTON	MV50	Saint Edmund Pacers	498	496	495				1489	1489
Neil COULSON	MV50	Felixstowe RRC	495	492	493				1480	1480
Steven OFFORD	MV50	Stowmarket Striders RC	492	491	487				1470	1470
Robin HARPER	MV50	Felixstowe RRC	490	490	486				1466	1466
Richard LEEDER	MV50	Stowmarket Striders RC	482	493	491				1466	1466
Mark GLEEN	MV50	Kesgrave Cruisers	484	485	481				1450	1450
Simon GOLDSMITH	MV50		480	482	482				1444	1444
Mark EWEN	MV50	Colchester & Tendring AC	476	477	477				1430	1430
Neil RICHARDSON	MV50	Harwich Runners	472	469	476				1417	1417
Richard ATTWELL	MV50	Stowmarket Striders RC	474	467	473				1414	1414
Kevin BITTER	MV50	Woodbridge Shufflers RC	470	474	470				1414	1414
Andy STRINGER	MV50	Colchester & Tendring AC	467	468	474				1409	1409
Matt DORAN	MV50	Harwich Runners	465	463	472				1400	1400
Brett MARTIN	MV50	Kesgrave Cruisers	463	459	471				1393	1393
Roger TAYLOR	MV50		462	461	467				1390	1390
Kyle ROPER	MV50		460	456	468				1384	1384
Neil WILLIAMSON	MV50	Newmarket Joggers	457	458	464				1379	1379
Kevin CARPENTER	MV50	Hadleigh Hares AC	499	500					999	999
Stephen BULLEN	MV50	Great Bentley Running Club	497		497				994	994
Christopher BOYT	MV50	Felixstowe RRC		495	494				989	989
Paul COOKE	MV50	Ipswich Jaffa RC	494		492				986	986
Tom GLADSTONE	MV50	Saint Edmund Pacers	493		488				981	981
Mark WHITE	MV50	Haverhill Running Club	488	488					976	976
Allan CARD	MV50	Framlingham Flyers		489	484				973	973
Kevin LINSELL	MV50	Kesgrave Cruisers	486		483				969	969
Laurence GOWERS	MV50	Braintree & District AC	479		485				964	964
Christian HADWEN	MV50	Felixstowe RRC	481	473					954	954
Stefan GREGSON	MV50	Kesgrave Cruisers		475	478				953	953
Paul STONE	MV50	Felixstowe RRC	477	471					948	948
Guy HAYWARD	MV50	Framlingham Flyers	473	472					945	945
Stephen MOORE	MV50		466		475				941	941
Matthew RAWLINGS	MV50	Saint Edmund Pacers	469	470					939	939
Oliver SOUTHGATE	MV50	Ipswich Jaffa RC	468	466					934	934
Michael MORLEY	MV50	Colchester & Tendring AC	459		465				924	924
Matthew BYARD	MV50	Kesgrave Cruisers	458	457					915	915
Peter BANKS	MV50	Tiptree Road Runners	500						500	500
Chris MOWER	MV50	Saint Edmund Pacers			500				500	500
Steve HALL	MV50	Framlingham Flyers		499					499	499
Jon BATTRAM	MV50	Colchester Harriers AC			499				499	499
Kevin MURPHY	MV50	Saint Edmund Pacers		498					498	498
Alan HART	MV50	Stowmarket Striders RC			496				496	496
Phil RUSTED	MV50	Diss and District AC		494					494	494
Matt BROOM	MV50		491						491	491
Richard DEFRIES	MV50	Newmarket Joggers			490				490	490
Torben WOOD	MV50	Felixstowe RRC	489						489	489
Robert HARMAN	MV50				489				489	489
Derek HOOD	MV50	Ipswich Jaffa RC	487						487	487
Philip EWING	MV50			487					487	487
Mark GOODWIN	MV50	Felixstowe RRC		486					486	486
Matt TRILL	MV50	Ipswich Jaffa RC	485						485	485
Stephen ROBERTS	MV50	Woodbridge Shufflers RC		484					484	484
Peter BIRD	MV50	Saint Edmund Pacers	483						483	483
Peter GRAY	MV50	Framlingham Flyers		483					483	483
Andrew CRAIG	MV50	Woodbridge Shufflers RC		481					481	481
Richard UTTERIDGE	MV50			480					480	480

## Friday 5 Championship File 2026

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Marcus BROWN	MV50	Rushmere Community Runners			480				480	480
Matt JEFFREY	MV50			479					479	479
Clive DAVEY	MV50				479				479	479
Lewis GRANT	MV50		478						478	478
Martin JARVIS	MV50			478					478	478
Jamie WRIGHT	MV50			476					476	476
Jon BLOOR	MV50	Ipswich Jaffa RC	475						475	475
Paul GOLDRING	MV50	Ipswich Jaffa RC	471						471	471
Dave WEEKS	MV50				469				469	469
Ben BOWEN	MV50				466				466	466
Kieron PERRY	MV50	Ipswich Jaffa RC		465					465	465
Mark SILLS	MV50	Felixstowe RRC	464						464	464
Kieron BALES	MV50	Saint Edmund Pacers		464					464	464
Nick KHAN	MV50	Framlingham Flyers		462					462	462
Christopher OZANNE	MV50		461						461	461
Andrew CLAYTON	MV50	Saint Edmund Pacers		460					460	460
Ian KNIGHTS	MV50	Kesgrave Kruisers	456						456	456
Justin OSTLER	MV50		455						455	455
Alberto HENRIQUES	MV50			455					455	455

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Michael MCKINSTRY	MV55	Saint Edmund Pacers	495	497	498				1490	1490
Kerry BUCKLEY	MV55	Felixstowe RRC	493	495	495				1483	1483
Robert SOMMERVILLE	MV55	Stowmarket Striders RC	492	492	494				1478	1478
Paul MITCHELL	MV55	Haverhill Running Club	489	489	492				1470	1470
Richard NEWMAN	MV55	Harwich Runners	487	485	491				1463	1463
Andrew WARD	MV55	Saint Edmund Pacers	484	483	489				1456	1456
Tim PARNELL	MV55	Kesgrave Cruisers	481	481	484				1446	1446
Jamie RANDALL	MV55	Haverhill Running Club	480	482	480				1442	1442
Rod PRIME	MV55		470	477	479				1426	1426
Steve BROOKE	MV55	Felixstowe RRC	500	499					999	999
Thomas STEWART	MV55	Woodbridge Shufflers RC	498	498					996	996
Mark FORD	MV55	Felixstowe RRC	496		496				992	992
Tom STEPHENS	MV55	Felixstowe RRC	488		490				978	978
Dave HOWGEGO	MV55	Woodbridge Shufflers RC	486	487					973	973
Piers MORGAN	MV55	Stowmarket Striders RC		484	485				969	969
Ashton DYSON	MV55		479		488				967	967
Dave SOLOMON	MV55	Felixstowe RRC	478	488					966	966
Steve RITSON	MV55	Stowmarket Striders RC		480	486				966	966
Martin COTTON	MV55	Great Bentley Running Club		476	481				957	957
Dave YOUNG	MV55		476	478					954	954
David SMITH	MV55		477	470					947	947
Lee CAULFIELD	MV55	Colchester Harriers AC	466		477				943	943
Iain CATCHPOOL	MV55	Ipswich Jaffa RC	469	473					942	942
Darren BIRCH	MV55		468	474					942	942
Tom HANCOCK	MV55	Harwich Runners		500					500	500
Mark ALLEN	MV55	Ipswich Jaffa RC			500				500	500
John THORPE	MV55	Ipswich Jaffa RC	499						499	499
Piotr BULACZ	MV55	Sudbury Joggers			499				499	499
Darren SHEPPARD	MV55	Framlingham Flyers	497						497	497
Tim HANMAN	MV55	Ipswich Jaffa RC			497				497	497
Robin BROOKES	MV55	Harwich Runners		496					496	496
Warren BIRCH	MV55	Ipswich Triathlon Club	494						494	494
William ALDRED	MV55	Framlingham Flyers		494					494	494
James BOOL	MV55	Great Yarmouth Road Runners		493					493	493
John REYNOLDS	MV55	Ipswich Jaffa RC			493				493	493
Mark ANDREWS	MV55	Lonely Goat RC	491						491	491
Keith WILLIAMS	MV55	Ipswich Jaffa RC		491					491	491
Carl BERRIMAN	MV55	Rushmere Community Runners	490						490	490
Chris HAYSTEAD	MV55			490					490	490
Andy LIFFEN	MV55				487				487	487
Kai GIBBON	MV55	Bungay Black Dog RC		486					486	486
Jules BEAUMONT	MV55		485						485	485
Simon CHRISTIE	MV55		483						483	483
Steven NEAL	MV55	Brandon Fern Hoppers			483				483	483
Wayne MUMFORD	MV55		482						482	482
Robert THOMSON	MV55	Framlingham Flyers			482				482	482
Kevin HAYWARD	MV55	Framlingham Flyers		479					479	479
Graham WAUDBY	MV55	Rushmere Community Runners			478				478	478
Andrew SMITH	MV55	Thetford AC	475						475	475
Andy WALTER	MV55	Norfolk Gazelles AC		475					475	475
Tom ORFORD	MV55		474						474	474
Simon Peter HOYLE	MV55	Kesgrave Cruisers	473						473	473
Chris DURRANT	MV55	Felixstowe RRC	472						472	472
Ian GOODERHAM	MV55	Saint Edmund Pacers		472					472	472
Mervyn COOK	MV55		471						471	471
Sean DAVIDSON	MV55			471					471	471

## Friday 5 Championship File 2026

### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Darin OSBORNE	MV55	Rushmere Community Runners	467						467	467
David CRANE	MV55	Kesgrave Kruisers	465						465	465

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Duane HOWARD	MV60	Kesgrave Cruisers	499	499	500				1498	1498
Jim MACKENZIE	MV60	Framlingham Flyers	498	498	499				1495	1495
Ian DUGGAN	MV60	Felixstowe RRC	497	495	498				1490	1490
Nigel SCHOFIELD	MV60	Saint Edmund Pacers	496	494	497				1487	1487
Todd LEWIS	MV60	Saint Edmund Pacers	495	492	494				1481	1481
Chris SERVANT	MV60	Ipswich Jaffa RC	492	487	491				1470	1470
Kevin COLEMAN	MV60	Stowmarket Striders RC	491	486	490				1467	1467
Robert WALKER	MV60	Felixstowe RRC	489	485	486				1460	1460
Stephen HATTEN	MV60	Saint Edmund Pacers	490	481	489				1460	1460
Yusuf FIRAT	MV60	Saffron Striders RC	486	482	487				1455	1455
Phil DAVIES	MV60	Ipswich Jaffa RC	482	480	482				1444	1444
Neil WINTON	MV60	Felixstowe RRC	479	474	483				1436	1436
Steve ADAMS	MV60	Felixstowe RRC	474	471	480				1425	1425
Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	500	500					1000	1000
Eamonn COVENEY	MV60	Saint Edmund Pacers		491	495				986	986
Tom TAYLOR	MV60		485	493					978	978
Craig CHIDLOW	MV60	Ipswich Triathlon Club	487	484					971	971
Tom HOBLYN	MV60	Saint Edmund Pacers	483		484				967	967
Billy RICHMOND	MV60	Ipswich Jaffa RC	480	483					963	963
Eric BROWN	MV60	Saxmundham Sports Running & Fitness Club		478	481				959	959
Duncan CHAMBERLAIN	MV60		476	476					952	952
Brian MUNNS	MV60	Newmarket Joggers	478	472					950	950
Peter WEST	MV60	Colchester Harriers AC		497					497	497
Glynn THOMAS	MV60	Ipswich Jaffa RC		496					496	496
Tim HIGGINS	MV60	Ipswich Jaffa RC			496				496	496
Colin ELLIS	MV60	Kesgrave Cruisers	494						494	494
Adrian PEAKE	MV60	Ipswich Jaffa RC	493						493	493
Ian CUNNINGTON	MV60	Saint Edmund Pacers			493				493	493
David CAHILL	MV60	Colchester & Tendring AC			492				492	492
Richard COWLEY	MV60	Hadleigh Hares AC		490					490	490
Nick CROSS	MV60	Bedford Harriers AC		489					489	489
Garry MACDONALD	MV60	Felixstowe RRC	488						488	488
Donald STEWART	MV60	Framlingham Flyers		488					488	488
James WOOD	MV60				488				488	488
Rob DRURY	MV60	Haverhill Running Club			485				485	485
Timothy LONG	MV60	Ipswich Jaffa RC	484						484	484
Joff HAYES	MV60	Capel Cheetahs	481						481	481
Stephen DOWNES	MV60			479					479	479
Chris CLOW	MV60		477						477	477
Dean CATLING	MV60	Felixstowe RRC		477					477	477
Robert BARKER	MV60	Felixstowe RRC	475						475	475
Alan HILLYARD	MV60			475					475	475
Colin WALNE	MV60		473						473	473
Liam ROBINSON	MV60	Fetch Everyone		473					473	473
Simon ASHTON	MV60	Lonely Goat RC		470					470	470

# Friday 5 Championship File 2026

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Richard HARVEY	MV65	Framlingham Flyers	500	500	500				1500	1500
Richard WOLD	MV65	Ipswich Phoenix Running Club	499	499	499				1497	1497
Tim RANSON	MV65	Vegan Runners UK	498	497	495				1490	1490
John DUNNETT	MV65	Capel Cheetahs	495	495	493				1483	1483
Robert MORGAN	MV65	Saint Edmund Pacers	496	493	494				1483	1483
Alan JACKSON	MV65	Ipswich Jaffa RC		498	497				995	995
Andrew BUDD	MV65	Capel Cheetahs	497		496				993	993
Gary LOWE	MV65	Saxmundham Sports Running & Fitness Club	494	496					990	990
Andrew CROSS	MV65	Hadleigh Hares AC		494	492				986	986
Duncan CHENERY	MV65	Ipswich Jaffa RC	492	491					983	983
Stephen PRETTY	MV65	Saint Edmund Pacers	491		491				982	982
Stephen HICKS	MV65	Ipswich Harriers	493	488					981	981
Chris GLADWELL	MV65	Stowmarket Striders RC	488	489					977	977
Wayne GRANT	MV65		486	486					972	972
Phil HUDSON	MV65	Ware Joggers	483	484					967	967
Tim EDMONDS	MV65	Ipswich Phoenix Running Club			498				498	498
John CHAMBERS	MV65			492					492	492
David MOON	MV65		490						490	490
Tom CLEMENTS	MV65	Framlingham Flyers		490					490	490
David FIELD	MV65	Stowmarket Striders RC			490				490	490
Mon LEE	MV65	Ipswich Jaffa RC	489						489	489
Chris BAREHAM	MV65	Haverhill Running Club			489				489	489
Martin GARROD	MV65	Ipswich Phoenix Running Club			488				488	488
Shane LAWRENCE	MV65	Eastern Masters AC	487						487	487
Gary KINGSHOTT	MV65	Saxmundham Sports Running & Fitness Club		487					487	487
Paul BELAND	MV65				487				487	487
Martin GARROD	MV65	Ipswich Phoenix Running Club	485						485	485
Graham HAVERON	MV65			485					485	485
Steven REYNOLDS	MV65		484						484	484
Paul SCHWER	MV65	Felixstowe RRC	482						482	482

## Friday 5 Championship File 2026

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jim WITHERS	MV70+	Newmarket Joggers	497	489	495				1481	1481
Neville CLARKE	MV70+	Newmarket Joggers	500	500					1000	1000
Philip HYMERS	MV70+	Saint Edmund Pacers	499	497					996	996
Roger BARCHAM	MV70+	Ipswich Jaffa RC		496	496				992	992
David TAYLOR	MV70+	Framlingham Flyers	498	493					991	991
Mel CHITTOCK	MV70+		495	488					983	983
Stephen MEAD	MV70+	Saint Edmund Pacers			500				500	500
Jim STOCKER	MV70+	Huntingdonshire AC		499					499	499
Colin KNIGHT	MV70+	Saint Edmund Pacers			499				499	499
Mike CORKER	MV70+	Framlingham Flyers		498					498	498
Gerry MCCARTHY	MV70+	Ipswich Phoenix Running Club			498				498	498
David THORNTON	MV70+	Stowmarket Striders RC			497				497	497
David SUTHERLAND	MV70+	Framlingham Flyers	496						496	496
Mark SARGEANTSON	MV70+	Framlingham Flyers		495					495	495
Tim NEWTON	MV70+	Ipswich Jaffa RC		494					494	494
Richard COURT	MV70+			492					492	492
John Michael DIXON	MV70+			491					491	491
Anthony HUNT	MV70+	Saxmundham Sports Running & Fitness Club		490					490	490

Number of records: 786